

This Family Forgives – Bible Study Lesson

Family is a force designed by God to teach, support, encourage and push you into the purpose He destined for your life.

Mark 11:25 (AMP)

25 Whenever you stand praying, if you have anything against anyone, forgive him [drop the issue, let it go], so that your Father who is in heaven will also forgive you your transgressions and wrongdoings [against Him and others].

Karen Swartz, M.D., director of the Mood Disorders Adult Consultation Clinic at The Johns Hopkins Hospital says, “There is an enormous physical burden to being hurt and disappointed,”

Whether it is simply heated fellowship with our spouse or long-held resentment toward a family member or friend, unforgiveness can go deeper than we realize. It may be affecting our physical health, emotional wellbeing, and our family’s ability to connect. The good news is that studies show that the act of forgiveness can reap huge rewards for our health, lowering the risk of heart attack; improving cholesterol levels and sleep; and reducing pain, blood pressure, and levels of anxiety, depression, and stress. Also, it puts us in position to receive from God, family and friends. With this in mind, let’s examine: **This Family Forgives**

Matthew 6:14-15 (NASB)

14 For if you forgive other people for their offenses, your heavenly Father will also forgive you.

15 But if you do not forgive other people, then your Father will not forgive your offenses.

Forgiveness is a command, not a suggestion. In every family, disappointments are inevitable. But forgiveness is not optional. It is a divine command. Obeying this principle keeps us in right standing with God and opens the door for His blessings. Offense is a choice. So is forgiveness.

Remember: IF WE WON'T FORGIVEN THEM, GOD CAN'T FORGIVE US.

- 1. This family forgives and is forgiven by God.**

Luke 17:3 (AMP)

3 Pay attention and always be on guard [looking out for one another]! If your brother sins and disregards God's precepts, solemnly warn him; and if he repents and changes, forgive him.

One of the great things about forgiveness is that it often prevents the destruction of our relationships. Unforgiveness breeds resentment and bitterness, which can erode family bonds until they collapse. Forgiveness stops the downward spiral and restores unity before the relationship becomes toxic. **WE FORGIVE SO OUR RELATIONSHIPS CAN LIVE.**

- 2. This family forgives for the protection of our relationships.**

Ephesians 4:31-32 (NLT)

31 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.

32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Forgiveness releases us from spiritual and emotional bondage. When we forgive, we free ourselves from carrying the weight of the offense. This makes room for personal growth and spiritual prosperity. Forgiveness is not about the offender, it's about your own growth and peace. **WE MUST REFUSE TO REMAIN IN THE PAST WITH OUR HURTS.**

- 3. This family forgives and is freed from past issues.**

Luke 15:17-20 (NLT)

17 "When he finally came to his senses, he said to himself, 'At home even the hired servants have food enough to spare, and here I am dying of hunger!

18 I will go home to my father and say, “Father, I have sinned against both heaven and you,

19 and I am no longer worthy of being called your son. Please take me on as a hired servant.”’

20 “So he returned home to his father. And while he was still a long way off, his father saw him coming. Filled with love and compassion, he ran to his son, embraced him, and kissed him.

God’s forgiveness is the model for our lives and family life. Just as the prodigal son was restored, forgiveness restores family members who have offended. This helps to keep the family aligned with God’s purpose.

Forgiveness is not only important to our families, but society as well. **OUR FAMILIES SHOULD SHOW THE WORLD WHAT THE LOVE OF GOD LOOKS LIKE.**

4. This family forgives and mirrors the heart of God.

Matthew 18:21-22 (NLT)

21 Then Peter came to him and asked, “Lord, how often should I forgive someone who sins against me? Seven times?”

22 “No, not seven times,” Jesus replied, “but seventy times seven!

The problem with having to forgive and not doing it is that it’s not going to stop people from wronging us. Practicing forgiveness doesn’t just impact the present. It sows seeds now, for future generations. Children raised in a forgiving environment learn grace, integrity, and the importance of reconciliation. Forgiveness must become our family’s approach to handling every offense. **WE MUST LEARN TO FORGIVE AGAIN.**

5. This family forgives and chooses forgiveness every time.

Whether it is simply heated fellowship with our spouse or long-held resentment toward a family member or friend, unforgiveness can go deeper than we realize. The good news is that studies show that the act of forgiveness can reap huge rewards. Also, it puts us in position to receive from God, family and friends. Remember: **This Family Forgives**